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YOU CAN TRIUMPH

A Series of Six Lessons Devoted to:

I. TRIUMPH OVER ANXIETY

IV. TRIUMPH OVER GUILT

II. TRIUMPH OVER FATIGUE

V. TRIUMPH OVER LONELINESS

III. TRIUMPH OVER SELF-PITY

VI. TRIUMPH OVER TRAGEDY



LESSON II.

Mayan Revelation Number 288

TRIUMPH OVER FATIGUE

Causes of Fatigue

Don't Fight Sham Battles

Trust Your Associates

Accept Inevitable Restrictions

Relax

Gain Physical Stamina From
Spiritual Resources

Beloved Perfector:

This Lesson outlines steps which you can take to overcome fatigue and to maintain your vigor. They may be the guidance you need today, or may enable you to carry on through the stress that may be put upon you tomorrow. The suggestions that follow will help you to cope with the problem of weariness whenever it threatens to lower your efficiency.

Whether you are a busy person, or one who has a great deal of leisure, no doubt you are often the victim of fatigue. The business man and the person who is retired, the mother who has small children for whom she must care and the one

whose sons and daughters are grown, the factory worker and the professional man or woman, all complain frequently of being tired.

— Yet few people are actually overworked. Men and women have inner reserves upon which they can draw when they know how to do so.

You have been shopping all day, or you have had difficult problems at the office; then your feet drag, your head aches, and you say, "How glad I'll be to get home and crawl into bed." You haven't been in the house ten minutes before the phone rings and you receive an invitation to go out to a surprise party for a friend. Suddenly you feel rejuvenated. You say, "Of course I'll come," and for the next few hours you engage in pleasant conversation and have a gay, happy time. Or when you are physically exhausted a congenial person walks into the room; you brighten up and show no signs of weariness.

Fatigue is determined not only by our physical condition, but also by our outlook. Sometimes we can control the circumstances that are wearing us down, but when that is not possible we can use our intelligence to eliminate the negative thinking that saps our vitality. We can be renewed by the spiritual strength God bestows upon those who turn to Him for guidance and support. We have the promise:

"He giveth power to the faint; and to them that have no might He increaseth strength.

Even the youths shall faint and be weary, and the young men shall utterly fall:

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." (Isaiah 40:29-31).

How can we appropriate the power that will enable us to carry on when we feel faint, either physically or spiritually? How can we learn to "mount up with wings" when it seems as if our feet are stuck in the mud? How can we shake the weariness that often plagues us? These are questions worth considering.

Earnestly pray that you will gain insight into the ways by which fatigue can be overcome as you begin this Lesson, and as we now pray:

PRAYER

Dear Heavenly Father, I thank Thee for the promise that I need not rely upon my own strength alone. Open my mind that I may see Thy purpose for my life. Show me how to order my days. Hour by hour make me aware of Thy Presence and Thy undergirding Power. In Jesus' name, Amen.

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CAUSES OF FATIGUE

If you analyze your fatigue you will find that it stems from two completely different causes. It may follow strenuous or prolonged physical exertion. If you

attempt to walk faster, or farther, than you have been accustomed to walking, after a time you feel ready to drop in your tracks. If you play thirty-six holes of golf, when it has been your habit to play only eighteen, you feel all tired out. If you do all the spring cleaning in one day, or rake leaves and prune your bushes on the same Saturday, you are laid low by exhaustion.

Obviously, fatigue that results from such activity can often be reduced by intelligent planning. Schedule your work and recreation so that sustained demands are not made upon muscles which have previously been little used. When engaging in a new type of sport or labor, begin slowly, and gradually increase the amount you attempt to do. This forestalls the possibility of heart damage, as well as exhaustion.

Avoid useless motions. You can learn to walk and to work in such a way that your body is in good balance. You can learn to bowl, play tennis, or golf without the false movements that cause unnecessary strain. You can learn to so order your house or office work that there will be little wasted effort.

The type of fatigue caused by undue physical exertion is much easier to prevent than that which stems from mental and emotional disturbances. Most people who complain about being continually tired are victims of conflicts and upset nerves. The mental fatigue from which they suffer is no less debilitating because it is functional instead of muscular. It lowers efficiency and contributes to unhappiness.

Bad news lays us low. Word that a friend has been killed, or that a decline in the stock market has wiped out our savings, first shocks us and then leaves us feeling limp. A visit, or interview, with someone whom we dislike saps our energy. Even a succession of petty annoyances can wear us out. It is easy to see that fatigue may begin in the mind rather than in the body, although the two types of weariness may be interrelated.

When severe demands upon a person's physical strength must be met, the fatigue that follows is normally relieved by quiet, rest, and sleep. In situations where weariness has its origin in the mind, all too often the victim gets caught in the quicksand of negative thoughts. One irritation wears him down and he then becomes more prone to adopt attitudes that drag him further and further from the ways that lead to efficiency and happiness. When one is in such a state of mind he may recline without resting; and he may even arise to find that he is more weary than when he put his head on the pillow.

As an advanced student of Mayanry you are earnestly striving to avoid thought-habits that lower your efficiency. Bear in mind the Truth that it is possible to greatly reduce the causes of mental as well as physical fatigue. Sometimes you will be able to eliminate them entirely. At other times you can climb to a high plane of living so you will see situations in such a light that unfortunate circumstances will not cause you to become emotionally disturbed; and when you are tolerant of the mistakes of others they will no longer upset you. You can conquer most of the fatigue that threatens to keep you from living triumphantly.



DON'T FIGHT SHAM BATTLES

The first step in avoiding attacks of psychic fatigue is to recognize the causes and to honestly evaluate them. Admit that news of the death of a loved one, or the loss of your position, or severe financial reverses will cause grief and anxiety.

But for every time you face such stress there are a dozen times in which the factors that might wear you down are bogies that can be scattered by intelligent thinking.

Assume an honest attitude as you analyze any attack of weariness. Have you really been putting in too long a day? Or are your reserves of strength drained because you are frustrated to think that you did not receive the promotion you expected, or because no one praises you for the high quality of your work?

Fatigue often grows out of discontent. Sometimes you no doubt have reason to be irritated because your work is not appreciated, but even then it is futile to waste your life in secret rebellion. Daily you must try to resist the temptation to magnify your difficulties. These may range all the way from obstacles to the full use of your talents, to a delay caused by a traffic jam or the inefficiency of some mechanical equipment you are operating.

Don't dwell upon trivial inconveniences and annoyances. If you continually recite them to yourself and to anyone who will listen, you not only make them appear to be far more important than they are but you burn up energy that should be used for constructive endeavor. Never pretend that your difficulties are bigger than they really are, for then you become worn and weary fighting sham battles and, as a result, you lack the vigor to efficiently grapple with the real issues that are before you.

Don't imagine that people dislike you, or that they are saying detrimental things about you or about your work. It is surprising how much wear and tear many people undergo by subjecting themselves to worry for fear they will be criticized. Most of this is not based upon reason and it serves no useful purpose.

TRUST YOUR ASSOCIATES

The second step in avoiding the fatigue that results from destructive thoughts is to trust your business associates, your family, and your friends. Doubt can undermine the confidence that is a basis for peace of mind. It frays the nerves and contributes to weariness.

Success in any business or profession depends not only upon our efforts, but also upon our attitudes. An automobile concern sent one of its executives to South America to arrange for the barter of raw materials. Exchange of money had become so complicated, due to mistrust of its value, that business deals were long delayed and the waste involved was tremendous. There was not only a loss in profit, but a loss in satisfactions. Efficiency in the business was again established

as irritations were reduced and mutual confidence restored.

Family loyalty must be maintained if each member is to reach his highest potential. Teachers find that children are apt to do poor school work when they come from broken homes, or from homes in which there is tension between the parents. Boys and girls not only tend to lack a spirit of cooperation when their home life is unstable, they frequently lack initiative and endurance. Their attention span is short when they suffer from emotional fatigue.

We should do all in our power to give others a sense of security. We should always convey the feeling that others can be trusted, and also that we have confidence in them.

Illness and a slackening in physical endurance may prompt us to question the affection of those who are nearest and dearest to us. We tend to think that their love will cool as we become physically less vigorous. Physicians, psychiatrists, and counselors tell us that many people who come to them with problems are tortured by destructive thoughts that torment them, and which sometimes make them incapable of doing the work they should do.

Don't grow suspicious of your family or friends. Refuse to let lack of demonstrativeness, or the long wait for a letter, or some failure to anticipate your wants, throw you into a state of torment. This only creates mental tensions which would sap your energy, making you less companionable.

Overlook trivial causes for resentment. Do not waste energy by allowing haunting doubts to captivate your mind. Trust all those with whom you live and work.



ACCEPT INEVITABLE RESTRICTIONS

The third step in surmounting fatigue is to learn to graciously accept inevitable restrictions. You can burn up a tremendous amount of energy by complaining, or by inward protest. If a situation or condition can be rectified, then immediately take steps toward initiating the improvements that are needed. But keep in mind the fact that every person is required to live within certain immovable limitations.

The young person must conform to the patterns set by his elders. The doctor, or lawyer, or banker finds his freedom restricted. The mother's activities are dictated in large measure by the demands of her family.

Whatever your work, you must conform to certain requirements that are rigid; and you may find that many of the people with whom you associate make demands that are inexorable.

What happens if you frequently maintain a spirit of rebellion? You do not succeed in creating an ideal life for yourself; you only cause your nerves to become frayed and your energy to be consumed. Then you become a victim of chronic

fatigue.

Limitations of a physical nature can sometimes be removed by a frontal attack upon them. When you cannot see to do your work because the room is dark, you can wash the windowpane if it is dirty. But if light is obstructed by a tall building opposite your office, how useless it is to whine about the shadow it casts! Install a powerful electric light instead.

If you have some infirmity that can be removed by surgery, or treated by medication, take the steps that will wipe out or reduce your handicap. But if the condition that causes you inconvenience or pain is one for which there is no cure, accept it. Do not dwell upon the fact that you cannot walk as fast and work as long as someone else. Do not fuss because the years have compelled you to slow down and give up some activities you formerly enjoyed. Do not inwardly grieve because you are limited in some ways. This would only sap what strength you do have.

Day by day accept whatever restrictions are inevitable. Do the best you can in the life-pattern that is set for you. Graciously - without outward complaint or inward protest - accept the conditions that cannot be changed. Work cheerfully, even when cramped by immovable limitations. You will be able to accomplish much, and to live triumphantly, even when shackled by circumstances or by infirmities.



RELAX

When you have learned to avoid the temptation to fight sham battles, and you habitually trust your associates, and accept conditions you cannot change, the next step is to learn to relax periodically. We live in an age when noise and haste make it difficult to maintain a calm mind and a tranquil spirit. Much of our fatigue is caused by fretting and restlessness. Often we become so agitated by minor irritations that our nerves are jangled and our muscles tighten. Then we become like the man who complained of feeling tired all the time, even when he was "resting". The truth is that he did not know how to relax; and sometimes we have the same difficulty.

Since we cannot separate our minds from our bodies, physical and mental relaxation are closely interrelated. Several times each day we should strive to relieve all forms of pressure: To shake off any feeling of haste, to rest tired muscles, and to let a sense of serenity calm our feverish spirits.

No doubt you have read rules for relaxation that direct you to sit very "easy", not holding your own weight, but letting it all bear down upon the chair. Or suggestions that you lie "limp", letting go of your head, neck, arms, torso, legs, and then of your feet. Or the rule that when trying to relax you should breathe slowly and deeply. Try all of these, for they are helpful techniques. They will help release tension.

At the same time let the weight of your problems roll off your back as you leave them in the care of the Almighty. The Psalmist declares what this did for

him. He says:

"The Lord is the strength of my life. ... I had faint-ed, unless I had believed to see the goodness of the Lord."

Then he admonishes us:

"Wait on the Lord; be of good courage, and he shall strengthen thine heart. Wait, I say, on the Lord." (from Psalm 27).

During periods when you seek physical relaxation, also seek to free your mind of worry and fretting by thinking of eternal things. This will shrink the size of almost any problem that might irritate you.

Perhaps a word should be said about the importance of regularly taking a vacation. A change of scene can break up the cloud that is hanging over you, but only if you are willing to leave your work and your worries behind.

A few moments methodically set aside for prayer and meditation can be like a "daily vacation". It can give you the far view. It can relieve any boredom that is draining your power.

Instead of rushing at your problems, you will do well to gain perspective by seeing them as part of a larger plan. By exposing your mind and heart to the great Mind of the Universe you will gain both insight and composure. Whenever you feel God's Hand steadyng and guiding you, any secret doubts of your own adequacy vanish as you realize that you do not need to accomplish your tasks alone.

So combine physical relaxation with spiritual meditation. Combine a change in the pace of your work with a change in your outlook. Frequently focus your thoughts for a few minutes upon more beautiful or nobler ideas; and let your concerns become broader and deeper. This provides relaxation for the mind and spirit, which is as important as relaxation for the body.



GAIN PHYSICAL STAMINA FROM SPIRITUAL RESOURCES

As you do all in your power to eliminate unnecessary physical and mental stress, and as you gain spiritual renewal through regular periods of prayer and meditation, you will be able to face a difficult task without flinching. Whenever you attempt heroically to do your very best, not counting the cost in the effort you must put forth, you find that you are undergirded by a Power greater than your own.

Some increase in stamina comes as you pray. More strength is given you as you carry on in the demanding situation that is before you. When the road seems uphill all the way, you can still say of God, "He restoreth my soul." Let Divine

Power refresh you as you drink of the "still waters" of which David spoke. Let the fears that weaken you vanish as you walk with the Lord - even as you "walk through the valley of the shadow of death". Take the steps that are necessary - not brooding, but plunging into action, unafraid because you know you do not go forward alone. Lean upon God; then you will find that you have amazing power as you accept the support of the Lord.

The life of John Wesley exemplifies this truth. When his religion was largely a matter of form, he was frequently confused and weary. After he experienced God as a Presence which daily guided and sustained Him, Wesley was able to accomplish the work of ten. He arose and prayed for hours while others slept. As he traveled on horseback he did not doze, but studied and wrote scores of books. After a journey that would have left many men exhausted, he preached with power.

When John Wesley was seventy-four years old, and recovering from an attack of an illness resembling influenza, his Journal tells us that he drove on the afternoon of May Ninth to Malton, in Yorkshire. On the way he had intermittent chills and fever, but in the evening he preached to a large crowd. There he learned that a friend in Otley - a village forty-eight miles away - was seriously ill, so when the service was over Wesley started for Otley, arriving there at 4:00 A.M. After he had had a few hours sleep and some breakfast, he visited with his friend. Then he rode twenty-two miles to his next appointment, and preached eloquently that Saturday evening. His diary records that on Sunday morning he awoke, shaking with fever, but after drinking some hot lemonade and sleeping half an hour between warm blankets, he arose and preached as he had promised to do.

Day after day, year after year, even at an age when many men seek ease, John Wesley continued to accomplish an amazing amount of work, frequently handicapped by less than perfect health. The greater the demands upon him, the more fervently he sought for strength beyond his own. And to an amazing degree he was able to triumph over fatigue. This was also the experience of Ghandi and Kagawa, as well as of many of the military leaders who, through the centuries, have led armies to spectacular victories.

You can think of other individuals such as Marie Curie and Albert Schweitzer whose endurance has been phenomenal. Perhaps you recall how your own mother stayed up around the clock when she needed to give constant care to one of her children who was critically ill.

In the midst of staggering difficulties some men and women have been able to keep on their feet and to do what was expected of them. They have resolutely carried on when it would seem as if they would fall by the way.

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Suppose that now, or at some future time, the demands upon you are very great, can you draw upon the Power that has enabled heroic souls to carry on valiantly under tremendous stress? Of course you can. You can apply the principles that guided them - the principles that are outlined in this Lesson!

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To summarize:

- * Do not allow signs of fatigue to frighten or dishearten you.
- * Do not assume that when you feel tired you must give up the challenge that you face.
- * Analyze the causes of your weariness. Eliminate unnecessary bodily strain. Wipe out of your mind any thoughts that increase nervous tension. Trust yourself, your associates, your family and your friends.
- * Set aside regular periods for physical and mental relaxation, and for contact with Divine Power.

Remember that by planning intelligently and maintaining the right attitudes, you can master fatigue. You can cope with the problems you meet day by day.



AFFIRMATION

With God's help I can triumph over fatigue.

Blessings,
YOUR INSTRUCTOR.